633935 - 1/10 LB Battered Pollock Wedges, 3 oz, Kosher, CN

High Liner Foodservice Battered Alaska Pollock Wedges are a great choice for Child Nutrition applications and more. Here, premium wild caught Pollock are dipped in a signature seasoned, kid-friendly batter, and fry or bake from frozen to crunchy, tender flaky fish perfection in minutes. A highly versatile, easy to prepare option for a variety of battered fish applications.





MARKETING



Nutrition Facts

53 Servings per container

Serving Size 1 Portion (84a)

Amount Per Serving Calories

| | % Daily Value* |
|-------------------|----------------|
| Total Fat 7 g | 10% |
| Saturated Fat 1 g | 6% |

Trans Fat 0 g

Cholesterol 20 ma **7**% Sodium 490 mg 21%

Total Carbohydrates 18 g **7**% Dietary Fiber 0 g 0%

Total Sugars 0 g Includes 0 g Added Sugars

0% Protein 8 g

Vitamin D 0.7 mcg 4% Calcium 0 mg 0% Iron 0.6 ma 4%

Potassium 140 mg 4% The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition

PRODUCT SPECIFICATIONS

| Code | Dist Prod Code | GTIN | Calculated Pack |
|----------|----------------|----------------|-----------------|
| 10022249 | 633935 | 00079149222499 | 2/5 LB |

| Brand | Brand Owner | GPC Description |
|------------------------|-----------------------|------------------------------------|
| High Liner Foodservice | High Liner Foods Inc. | Fish - Prepared/Processed (Frozen) |

| Gross Weight | Net Weight | Case/Catch Weight | Country Of Origin | Kosher | Child Nutrition |
|--------------|------------|-------------------|-------------------|--------|-----------------|
| 11 LBR | 10 LBR | No | United States | Yes | Yes |

| Shipping | | | | | | |
|-------------|------------|-----------|------------|-------|------------|----------------------|
| Length | Width | Height | Volume | TIxHI | Shelf Life | Storage Temp From/To |
| 15.8125 INH | 7.8125 INH | 8.625 INH | 0.6166 FTQ | 15x5 | 540 Days | -10 FAH / 0 FAH |

ALLERGENS









C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info' (Peanuts - N



(1) Tree Nuts - N





Fish - C



Keep Frozen

(M) Shellfish - NI

Sesame - N

SERVING SUGGESTIONS



Ideal as a school lunch entrée or sandwich, or served as fish and chips paired with your fries and coleslaw, or your own complementary choices.

INGREDIENTS

advice.



48.0% POLLOCK [FISH, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE)]; 52.0% BATTER AND BREADING: WATER, YELLOW CORN FLOUR, WHEAT FLOUR, BLEACHED WHEAT FLOUR, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, SALT, ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), IODIZED SALT, SPICES. PREFRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT

HANDLING SUGGESTIONS



PREPARATION & COOKING SUGGESTIONS



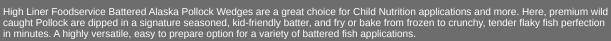
COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 4 - 6 minutes. TO BAKE: Place frozen portions on a lightly oiled sheet pan. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 16 -18 minutes. For best results, flip halfway through baking. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

MORE INFORMATION



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NUTRITIONAL ANALYSIS

| Calories | 170 |
|---------------------|------|
| Protein | 8 g |
| Total Carbohydrates | 18 g |
| Sugars | 0 g |
| Dietary Fiber | 0 g |
| Lactose | |
| Sucrose | |
| Vitamin A (IU) | |
| Vitamin A (RE) | |
| Vitamin C | |
| Magnesium | |
| Monosodium | |

| Total Fat | 7 g |
|---------------------|---------|
| Trans Fat | 0 g |
| Saturated Fat | 1 g |
| Added Sugars | 0 g |
| Polyunsaturated Fat | |
| Monounsaturated Fat | |
| Cholesterol | 20 mg |
| Vitamin D | 0.7 mcg |
| Vitamin E | |
| Folate | |
| Vitamin B-6 | |
| Sulphites | |

| Sodium | 490 mg |
|--------------|--------|
| Calcium | 0 mg |
| Iron | 0.6 mg |
| Potassium | 140 mg |
| Zinc | |
| Phosphorus | |
| | |
| Thiamin | |
| Niacin | |
| Riboflavin | |
| Vitamin B-12 | |
| Nitrates | |

NUTRITIONAL CLAIMS

KOSHER YES

MORE IMAGES







